

Basque-Style Fish Stew



Sirve:

4 - 6 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Fisherman's Stew known as *Marmitako*, meaning "from the pot," is a typical Basque dish. Fish stew is popular in the warmer summer months when tuna is available, but feel free to substitute other firm fleshed fish such as halibut or cod

1 large
sweet onion, minced
1 red bell pepper, minced
1 Poblano or Anaheim chili pepper, ribs and seeds removed,
minced
4 cloves garlic, peeled and shredded, use Cone #1
1 cup
dry white wine
(240
ml)
3 cups
fish stock
(700
ml)
8 - 10 threads saffron
½ teaspoon
crushed red pepper flakes
(.5
g)
1 pound
red or new potatoes, scrubbed and cut into medium dice, or cut in
half lengthwise if small
(454
g)
2 large
tomatoes, diced
1 ½ pounds
tuna fillets, trimmed and cut into 1 ½ inch cubes
(680
g)

1/2 cup
fresh parsley leaves, chopped
(30
g)

Preparación :

1. Preheat MP5, uncovered, at 350°F/175°C.
2. Add onions, peppers and garlic. Sauté for 3 - 4 minutes until softened.
3. Add white wine, fish stock, saffron, crushed red pepper and potatoes. Place cover on MP5.
4. When Vapo-Valve™ begins to click steadily, reduce temperature to 225°F/110°C and cook for 8 - 10 minutes until potatoes are soft, but not totally cooked.
5. Add tuna and tomato, and stir to combine. Cover MP5 and cook for an additional 10 - 115 minutes until tuna is cooked.
6. Taste and adjust seasonings with extra salt and fresh ground pepper as needed.
7. Right before serving, add chopped parsley. Serve stew in warm soup bowls.

Consejos:

- Add in 2 - 3 cups of chopped spinach or arugula right before serving.
- Fresh fish stock is so easy to make. Try this recipe: <http://recipes.saladmaster.com/recipe/fish-stock>. Make a large batch and freeze in smaller containers for future use.
- Serve fish stew with crusty bread.

Información nutricional por ración

Based on 6 servings

Calorías: 317

Grasa Total: 7g

Grasa 2g

Saturada:

Colesterol: 44mg

Sodio: 242mg

Carbohidratos: 23g

Fibra 4g

Dietética:

Azúcar: 4g

Proteína: 32g